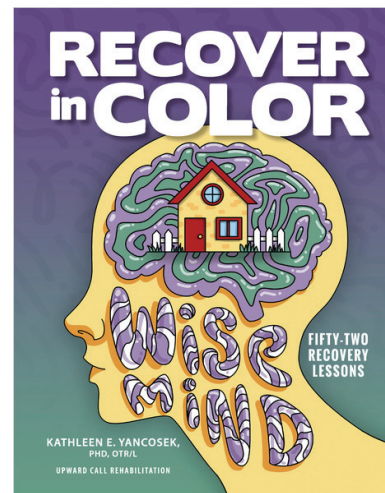


## Recover in Color: 52 Recovery Lessons

**Publisher:** Loving Healing Press  
**Author:** Kathleen E. Yancosek  
**ISBN-13:** PB 978-1-61599-639-1 / HC 978-1-61599-640-7  
/ eBook 978-1-61599-641-4  
**List Price:** PB \$ 25.95 / HC \$ 39.95 / eBook \$ 7.95  
**Trim:** 8.5x11 (180 pp)  
**Audience:** General Adult  
**Pub Date:** 02/01/2022  
**BISAC:** Self-Help/Twelve-Step Programs  
Self-Help/Adult Children Of Substance Abusers  
Religion/Christian Life/Devotional



**Synopsis:** *Recover in Color* is a gift to the mental health community. This workbook is a year's worth of rehabilitation that can be completed on your own, with a sponsor or therapist or used in a group therapy setting. *Recover in Color* contains fifty-two lessons, a coloring page to reinforce each lesson and a weekly journal page with four discussion questions. Using a biblical worldview, *Recover in Color* contains thirteen lessons in four categories of (1) developing a sense of self, (2) emotional literacy, (3) boundaries and (4) spirituality. There is something here for everyone working a recovery program, whether you are new to recovery or have been traveling the long road for years. This workbook is also beneficial for family members of those in recovery programs. *Recover in Color* is a fresh approach to rehabilitation that incorporates the classic principles that have passed the test of time. Each lesson is short, to the point and contains a soundbite title to help reinforce the coping strategy for that week. After completing this year-long recovery workbook, you will know yourself better, and you will have new coping strategies to help you deal with the difficult challenges faced in life. Why not recover in color?

"Holistic and purposeful in design, *Recover in Color* creates a path to healing and personal rediscovery. When my son died, I became fully detached from this world. Body, soul and spirit-all shattered and scattered into the ether of a heavily weighted, dark, impenetrable haze. When suffering descends upon us from a variety of life experiences, we cannot recover alone-we need the hand of another to guide us. Dr. Yancosek has created a tool to pierce the impenetrable haze and reveals the possibility of God's hand to intervene."

-- Charles D. Quick, OTD, CHT, Lieutenant Colonel (retired), United States Army

"*Recover in Color* is a fresh take on trusted principles of well-being. The unique style of writing combined with the coloring pages create an incredible workbook that can be completed individually or with the guidance of a therapist. I recommend this book to people who are pursuing personal growth through increased self-awareness and development."

--Amelia Duran-Stanton, PhD, D.Sc., PA-C

"With *Recover in Color*, Dr. Yancosek has done something very rare, but desperately needed: she has made deep truths easily accessible. The human soul can only be nourished and healed with such truths and that is why this book will be a treasure to many. I recommend it to those who hunger to walk in greater freedom and emotional and spiritual health."

--Matt Erbaugh, Pastor of Spiritual Formation at CrossBridge Community Church

Learn more at [www.UpwardCallRehab.com](http://www.UpwardCallRehab.com)

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